

ABSTRACT

The present invention is a pair of hand grips that are to be rolled along a surface during an exercise routine. In more detail, each hand grip has an elongated, substantially straight, cylindrical crossbar with a first end and a second end. A first wheel is rotatably mounted at the first end of the crossbar and a second wheel is rotatably mounted at the second end of the crossbar. In operation, the wheels rotate about an axis that is defined between the ends of the crossbar, to move the hand grip over a surface. Movement of the hand grip over the surface can vary, depending upon the particular exercise routine being followed by the user. In order to perform an exercise routine, the user can assume a kneeling position, a sitting position or a bending-at-the-waist position.

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